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DEEP BREATH: TACKLING LULULEMON'S BAD KARMA

THE YOGA-INSPIRED ATHLETIC APPAREL COMPANY GOES THROUGH SOME SOUL SEARCHING **PAGE 14**



Parents relive horror at son's death inquest

Seeing photos of the scene overwhelms Ottawa couple **PAGE 9**

MH370 'ended' in southern Indian Ocean

Malaysia's PM says that's where the doomed flight crashed **PAGE 10**

BIEBER FREE

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Woman refused 'safe stop' on nighttime OC Transpo bus

Not the first case.

Incident is 16th complaint OC Transpo has received since promo push on safety initiatives began in December

OC Transpo is investigating after a bus driver laughed at a passenger and refused to let her off at a "safe stop."

Passengers are supposed to be able to ask bus drivers to let them off at a spot other than a bus stop after 7 p.m. OC Transpo began promoting the program in December after a number of highly-publicized sexual assaults at transit stations.

But when Carleton University student Sarah Douglas asked to disembark at Rideau and Cobourg streets around 9 p.m. on Sunday evening, she says the bus operator "kind of laughed and then sighed."



Carleton University master's student Sarah Douglas was shocked after an OC Transpo bus driver refused to let her off closer to her Lowertown home as part of the 'safe stop' program. OC Transpo is investigating. LAURA MUELLER/METROLAND

"She said if everyone asked for it, she would have to let people off all over the route and that she'd have to make exceptions for everyone if they asked," Douglas said.

When a surprised Douglas responded it was after 7 p.m. (when the service kicks in) the driver said the program is "only for people in danger."

"She asked me if I was in

danger and I said, 'Well, actually, yes, my neighbourhood is dangerous. It's nice, but it's not the greatest neighbourhood,'" Douglas said.

Less than two weeks earlier,

Quoted

"I was in shock."

Carleton University student Sarah Douglas

police charged a 27-year-old man with sexual assault after a woman was assaulted blocks away, at Wilbrod and Chapel streets.

The driver retorted: "If you think so."

She got off the bus at the regular stop, about 250 metres away from the intersection near where she asked to be let off.

"I was in shock," Douglas said. "This is a program and they have announcements on the bus that you hear sometimes ... You don't have to give justifications for why you want to get off the bus."

Douglas said she was disappointed the bus driver who refused to let her use a safe stop was a woman.

"As a woman, you kind of empathize with other women.

You know the extra precautions we take before we head out at night. You know — having your cellphone in one hand and your car keys in the other, being prepared to run."

The interaction doesn't meet OC Transpo's customer service expectations, David Pepper, OC Transpo's manager of business and operational services, wrote in an email.

"Upon receipt of this customer's complaint, OC Transpo immediately began investigating the concerns raised by the customer in order to take the necessary corrective action(s)," Pepper wrote.

Douglas said it's the first time she's had an issue using the safe stop program, which she has taken advantage of about six or seven times since January. While some drivers have told her it's not safe to let her off at the exact spot she asked for because of traffic, they have always let her off as close as possible.

LAURA MUELLER/METROLAND

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Fatality. Gatineau scuba diver 'panicked,' say cops

A 53-year-old Gatineau man who was killed while scuba diving with friends in Chelsea Sunday "panicked" and ran out of oxygen, MRC des Collines Police said Monday.

Marco Laplante and two other friends went for an ice dive at Morrison's Quarry in Chelsea Sunday morning when the inexperienced diver began to panic under the water.

According to MRC des Collines Police spokesman Martin Fournel, the two other divers lost sight of Laplante in the quarry's deep portion — about 125 feet deep — and couldn't find him for more than 20 minutes. It was Laplante's third winter dive and he only had certification for about a year.

"So they went down and at one moment, he panicked," said Fournel. "Not knowing where he was, one of the two buddies went back up, went out looking for him, thinking that he was already out."

One of the men got the attention of a nearby instructor teaching a separate dive, who jumped in the water and recovered Laplante's body about five minutes later.

Paramedics administered CPR, but resuscitation efforts were futile. Laplante was later pronounced dead in hospital.

An autopsy is scheduled this week to determine the cause of death, and Laplante's equipment will also be inspected to see if it had malfunctioned, which police say is doubtful.

"The most plausible explanation is that he ran out of oxygen," added Fournel.

TREVOR GREENWAY/METRO

Inquest hears cleaning agent caused explosion

Eric Leighton. Parents see images of the scene where their son died in a high school shop class



JOE LOFARO
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The parents of an Ottawa high school student killed in a shop class explosion in 2011 are reliving the horror of their son's death as a coroner's inquest began Monday.

Eric Leighton was knocked unconscious immediately when a steel barrel he was cutting for a school project exploded inside his classroom at Mother Teresa Catholic High School on May 26, 2011, the inquest heard. The blast also injured other students. The 18-year-old was in the final weeks of his senior year at the time.

Leighton was cutting the barrel to make a barbecue for a class project that was not part of the curriculum. The drum had once contained peppermint oil and was cleaned with a degreaser prior to the welding incident that caused the explosion.

Seeing forensic photos of the scene and hearing from eyewitnesses for the first time was overwhelming, his parents said. Debris could be seen scattered on the floor below a fluorescent light fixture dangling from the ceiling.

"Those photos are very hard to look at," said Eric's mother, Sheri Leighton. "I'm



Sheri Leighton, mother of Eric Leighton, speaks with reporters during a break in an inquest into Eric's death in a shop class explosion at Mother Teresa High School in 2011. JOE LOFARO/METRO

surprised, honestly, that only one person had a casualty in that classroom."

Dr. Christopher Milroy, a forensic pathologist who conducted the autopsy on Leighton, said the student suffered severe lacerations to his face, mouth and tongue from the force of the impact of the explosion.

"He could not have survived these injuries," said Milroy. "This was clearly a very forceful impact."

Leighton's parents fought to have a coroner's inquest after they say they were kept in the dark about the circumstances of his death. Now that it's finally underway, Patrick

Leighton says it's like going through "hell."

"It's not easy. It's reliving everything again and again," said Patrick. "No parent should have to go through what we're going through."

William Hay, an investigator with the Office of the Ontario Fire Marshall, told the inquest just a tablespoon of degreaser residue would have been enough to cause an explosion from cutting the barrel. The amount he estimated was inside the one Leighton was using was close to a quarter of a cup, he said.

The Ontario Fire Code, quoted by Hay Monday, states that, "Welding or cut-

ting operations shall not be undertaken on a totally enclosed container."

The container Leighton was using had both of the removable caps closed, as seen in Hay's photographs, however, he added he could not guarantee there would not have been an explosion if the caps had been removed.

The inquest is expected to hear from 16 witnesses over the next two weeks. Leighton's parents hope the jury will make recommendations to prevent similar incidents from happening in the future.

The inquest continues Tuesday.

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'Chaotic' situations. Ontario facing nursing shortage, union says

The Ontario Nurses' Association is warning the province it needs another 18,000 nurses to be on par with the rest of the country and stem a dire medical situation.

Registered Nurse and ONA first vice-president Vicky McKenna says there already is a nursing shortage in the province and if something isn't done fast, the "chaotic" situations in Ontario hospitals could get worse.

"The reality is that we are an aging workforce," she said, adding that the median age for Ontario nurses is 49.

"These nurses are going to retire and we are not graduating enough new nurses into the system."

Ontario has the second lowest nurse-to-population ratio in the country with just seven nurses for every 1,000 residents, the association says.

With the province chopping 1,200 full-time nursing positions last year, hospitals are running over capacity, with overworked and sick staff, the association says.

Full-time nursing pos-

Study

7%

A new study published in The Lancet found every patient added to a nurse's average workload boosts the chances of a surgical patient dying within 30 days of admission by seven per cent.

itions barely exist anymore in Ontario, the association says. Nursing grads are faced with only the option of working as casual or temporary workers.

Teirsa St-Jean is one of those nurses. The 22-year-old just graduated out of the University of Ottawa and although she is finding tons of work, she says there is nothing full time.

"It takes multiple years to get a full-time, because it's by hierarchy," she said.

"Everyone that has more seniority over you gets it first. I don't worry, because I am 22 and I don't have children, but if I did have kids, it might be a problem."

TREVOR GREENWAY/METRO



Linda Haslam-Stroud, president of the Ontario Nurses' Association, speaks to members of the ONA and nursing students at a rally at Queen's Park in Toronto, Wednesday. CONTRIBUTED

Ottawa man died to save his seven-year-old son

Vacation to Cuba.

Family facing massive bills for burial, repatriation



LUCY SCHOLEY
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An Ottawa man died in a drowning accident while trying to save his seven-year-old son during a family vacation in Cuba last week.

Yue Liu, 40, was swimming at the beach of a Varamadero resort with his son, Connor, on March 19, when a giant wave overcame them. Liu held onto his son and tried to keep him above the water level under the strong current. Another Canadian man jumped into the water and managed to grab the boy, but was unable to save Liu.

His widow, Fanyan Bu, was back at the pool with her nine-year-old daughter, Crystal. Her son came running back to say that his dad was gone.

"I prayed that the guy floating in the water is not my husband," said Bu, her voice breaking. "I prayed that he would come back."

The resort's lifeguard and about half a dozen others jumped into the water, and pulled Liu to shore, but were unable to resuscitate him.

It was the day before the family was set to return home to Nepean following their week-long trip.

"My son, he feels guilty because his father dedicat-

ed his life to him," said Bu.

Liu and Bu were originally from Beijing, but immigrated to Halifax. They studied at Dalhousie University before moving to Nepean — she in 2008 and he in 2009. Liu worked in IT for the government. His parents are still in China, but Fanyan's parents also live with the family in Ottawa.

Wenjuan Song, a family friend, said the news has shocked the Chinese community. Friends have posted about the death to Chinese community websites like comefromchina.com and are raising money for

Quoted

"I prayed that the guy floating in the water is not my husband ... I prayed that he would come back."

Fanyan Bu, widow of the late Yue Liu, who died trying to save his son from drowning.

the funeral. As of Sunday, they had raised about \$40,000.

Song described him as a quiet man who devoted most of his spare time to his kids and managing the household.

Ian Trites, a spokesperson for Foreign Affairs, Trade and Development Canada, said Canadian consular officials in Canada and Cuba are "providing support and assistance to the family during this difficult time."



Yue Liu, top, drowned trying to save his son, Connor, 7, during a trip to Cuba last week. Also pictured are widow Fanyan Bu and daughter Crystal, 9. CONTRIBUTED

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Beer-bottle throwing

Gatineau police arrest 15 partiers

Gatineau police arrested 15 people — including the mom of a five-year-old — early on Saturday morning, at a home they say is known for loud parties.

Police arrived to a party of about 30 people on the property and say they had to call for back-up from Sûreté du Québec when some people started throwing beer bottles and chairs at officers.

LUCY SCHOLEY/METRO

Construction site

Fire causes \$150K in damage

A trailer fire caused \$150,000 in damage early Monday morning, as Ottawa fire crews responded to a construction-site blaze at 115 Champagne St. north. The blaze happened at a high-end condo development site around 4:30 a.m. Monday. Fire crews are still on scene, as they are continuing to monitor the site to keep a 400-pound propane tank cool. No injuries were reported.

TREVOR GREENWAY/METRO

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This fall, up to 10,000 Algonquin College students will be able to purchase eTextbooks for a fraction of the paper cost while receiving audio and video features. Students can skip the line-up at the bookstore and just download the textbooks straight onto their computers and mobile devices. It's the largest eTextbook program in Canada with over 3500 students already enrolled.

TANYA KIRNISHNI/FOR METRO

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Legal home grow-ops don't worry commercial sellers

Medical marijuana.
Court injunction
permits patients to
keep growing their
own weed, for now

TREVOR GREENWAY
AND JEREMY NOLAIS
ottawa@metronews.ca

A licensed commercial medical marijuana grower in Toronto says his operation likely won't feel the effects of a recently granted injunction against Health Canada's sweeping changes to its pot program.

Marc Wayne, president of Bedrocan, told Metro Monday that because most of his clients are already registered under the new Marijuana for Medical Purposes Regulations (MMPR) program, his company won't be reporting huge, unexpected losses.

"We haven't seen the impact that we thought we might," said Wayne.

"I would say the majority of our customers are unaffected. We have certainly had a few phone calls of people demanding that they have their licences back because they are now able to continue on."

A federal-court judge granted a reprieve for medical marijuana users who say they can't afford to buy their meds from commercial, federal-approved growers and they need to be able to grow their own pot at home.

The decision came just weeks before the new rules were set to come into effect April 1, which would have forced patients to purchase their medicine at a much higher cost from only federally approved producers. The injunction is only temporary, pending the outcome of a trial to be held at a later date.

Other growers in Western Canada said they won't feel the pinch either.

"This is the best comparison — remember when the wine kits came out? I made wine until the cows came home," said Stan Swiatek, who is in the process of setting up two grow sites just outside of Calgary.

"I thought it was the greatest thing since sliced cheese. But by the time I bought all of my equipment and did my yeasting and put my time and effort into it ... eventually I gave away all my stuff and I go to Co-op and buy it for \$10 a bottle."

Health Canada only offered a statement on its website as it reviews how to move forward from here.

"Health Canada is committed to the implementation of the Marijuana for Medical Purposes Regulations in order to provide Canadians reasonable access to dried marijuana for medical purposes, while protecting public safety."

According to Health Canada, 6,406 patients in Ontario have a Personal Use Production Licence to grow their own marijuana.



A homegrown cannabis plant ready for harvesting is shown at an outdoor marijuana garden. Health Canada is transitioning from the Marijuana Medical Access Program (MMAP), which permits patients to grow their own cannabis, to the Marijuana for Medical Purposes Regulations (MMPR). But a court recently granted an injunction, stopping the changes until a constitutional challenge to the new rules can be heard. JUSTIN TANG/THE CANADIAN PRESS FILE

Opinion

Feds need to address affordability: Grower

Marc Wayne is urging the federal government to

come up with some sort of affordability policy so that patients can purchase their meds and won't have to grow their own pot in basements and backyards across the country.

"In my opinion, this whole issue is one of affordability and needs to be ad-

dressed by the government and by the industry itself. Figure out a policy on how to deal with affordability that is a long-term policy, similar to how prescription drugs are covered by disability payments," he said.

"And then there won't be any people standing up,

saying, 'I need to grow my own because I can't afford to buy it.'"

Part of the reason Health Canada brought changes to the old Marijuana Medical Access Program was because it said the program had become "open to abuse."

TREVOR GREENWAY/METRO

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13 Canadians banned from entering Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a



Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for Canadian sanctions. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members

of Russian President Vladimir Putin's entourage following Russia's annexation of Crimea.

Speaking from The Hague,

G8 on hold

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the G8 until Russia "changes course."

- In a joint statement, the G7 nations say they will meet without Russia.
- The move is aimed at isolating Moscow as punishment for its annexation of the Crimean peninsula from Ukraine.

where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour." THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaape said Monday.

The timing of the crash — just before 3 a.m. Monday —

helped avoid an enormous disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaape said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS



A Chicago Transit Authority train car rests on an escalator at the O'Hare Airport station Monday in Chicago. KENNETH WEBSTER/NBC CHICAGO/THE ASSOCIATED PRESS

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Despair. Grief takes over hope for family members

Relatives shrieked and sobbed uncontrollably. Men and women nearly collapsed, held up by loved ones. Their grief came pouring out after 17 days of waiting for definitive word on the fate of the passengers and crew of the missing Malaysia Airlines jet.

Malaysia's prime minister gave that word late Monday in an announcement from Kuala Lumpur, saying there was no longer any doubt that Flight 370 went down in the southern Indian Ocean.

Relatives of passengers in Beijing had been called to a hotel near the airport to hear the news, and some 50 of them gathered there. Afterward, they filed out of a conference room in heart-wrenching grief.

One woman collapsed and fell on her knees, crying, "My son! My son!"

Medical teams arrived at the Lido hotel with several stretchers and one elderly man was carried out of the conference room on one of them, his face covered by a jacket. Minutes later, a middle-aged

Reaching out

- Some relatives were notified of the announcement in person and some over the phone.
- Others received a text message from Malaysia Airlines.

woman was taken out on another stretcher, her face ashen and her blank eyes seemingly staring off into the distance.

Most of the relatives refused to speak to gathered reporters and some lashed out in anger, urging journalists not to film the scene. Security guards restrained a man with close-cropped hair as he kicked a TV cameraman and shouted, "Don't film. I'll beat you to death!"

"We accept the news of the tragedy. It is fate," said Selamat Omar, father of a 29-year-old aviation engineer aboard the flight, in a telephone interview.

THE ASSOCIATED PRESS

Flight 370 crashed into the ocean: Malaysian PM



Malaysian Prime Minister Najib Razak speaks at a press conference for the missing flight, in Kuala Lumpur, on Monday. JOSHUA PAUL/THE ASSOCIATED PRESS

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown — most likely somewhere at

Quoted

"According to this new data, Flight MH370 ended in the southern Indian Ocean."

Malaysian Prime Minister Najib Razak

the bottom of the sea — questions remain about what brought down the aircraft.

Prime Minister Najib Razak announced the news in a brief statement to reporters, saying the information was based on an unprecedented study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with 239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all.

The search is now considered a race against time because the battery life of the "pinger" in the plane's black box may run out in the next two weeks. THE ASSOCIATED PRESS

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NEWS

11

Egypt trial. Hundreds sentenced to death

An Egyptian court sentenced to death on Monday 529 people accused of an attack on a police station that left one policeman dead, in a mass trial that lasted only two sessions and raised an outcry from rights activists.

The verdicts against the men, said to be supporters of ousted president Mohammed Morsi, are subject to appeal and would likely be overturned, rights lawyers said.

But they said the swiftness and harshness of the rulings on such a large scale deepened concerns that Egypt's

courts have been deeply politicized and that due process is being swept away amid the crackdown on Morsi's Muslim Brotherhood that followed his July overthrow.

The court held two sessions. In the first on Saturday, the judge angrily shouted down requests by defence lawyers for more time to review the prosecution's case.

On Monday, day two, security barred defence lawyers from entering the trial on the judge's order.

THE ASSOCIATED PRESS

South Africa

Court told girlfriend feared Pistorius

Oscar Pistorius and Reeva Steenkamp argued fiercely in the turbulent weeks before he killed her, and the athlete's girlfriend told him she was sometimes scared by his behaviour, which included jealous outbursts in front of other people, ac-

cording to phone messages revealed at the Olympian's murder trial on Monday. "I'm scared of u sometimes and how u snap at me and of how u will react to me," Reeva Steenkamp texted Pistorius, in a message read in court.

"I can't be attacked by outsiders for dating u AND be attacked by you, the one person I deserve protection from." THE ASSOCIATED PRESS

Mudslide death toll rises



Volunteers Frank and Rhonda Cook watch as a body recovered Sunday is lifted into a helicopter. GENNA MARTIN/THE HERALD/THE ASSOCIATED PRESS

The list. Construction workers coming into the area among the possible missing

The search for survivors of a deadly Washington state mudslide grew Monday to include 108 names of people who were reported missing or were unaccounted for, but authorities cautioned the figure likely would decline dramatically.

Still, the size of the list raised concerns the death toll would rise far above the 14 people who have been confirmed dead, a figure that rose by six yesterday. The slide Saturday swept through part of a former fishing village about 90 kilometres northeast of Seattle. Several people also were critically injured. About 30 homes were destroyed, and the debris blocked a 1.5-kilometre stretch of state highway.

"The situation is very grim," Snohomish County Fire District 21 Chief Travis Hots said, stressing that authorities

are still in rescue mode and are holding out hope. But he noted: "We have not found anyone alive on this pile since Saturday."

Adding to the worries was that the slide struck Saturday morning, a time of the weekend when most people are at home. Of the 49 structures in the neighbourhood hit by the slide, authorities believe at least 25 were occupied full-time.

Frequent, heavy rainfall and geography make the area prone to landslides. Authorities believe Saturday's slide was caused by ground made unstable by recent rainfall.

The slide blocked the North Fork of the Stillaguamish River, which is continuing to back up, officials said. At least seven homes are now flooded.

Washington Gov. Jay Inslee described the scene as a "square mile of total devastation" after flying over the disaster area midday Sunday. He assured families that everything was being done to find their missing loved ones. The North Fork of the river is finding its way through the mudslide. THE ASSOCIATED PRESS



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10 STEPS TO HOME OWNERSHIP:

A guide to buying your own place.

Buying a home is one of life's biggest achievements. And one of its biggest investments. It can also be one of the most exciting and satisfying events of your life, if you work with the right experts. Here are a few things you need to consider before you walk into your new home:

1

Affordability

While buying a home can be a big investment, you might be surprised by how affordable it can be when you have the right mortgage. Some important considerations are family income, monthly payments, interest rates, property taxes, maintenance fees and closing costs. Talking to a mortgage specialist is a great first step in determining how much you can afford.

2

The down payment

While making a down payment can sound intimidating, the truth is you can pay as little as 5% of your purchase price as down payment with the purchase of mortgage default insurance. It's also important to note that a bigger down payment generally means lower mortgage payments and lower interest costs over the life of the mortgage.

3

Getting pre-approved for a mortgage

A pre-approval helps you understand how much you can afford and gives you the confidence to act quickly and make an offer when you find the right home. Also, the rate you are offered is guaranteed for up to 90 days, giving you time to find that perfect home. Visit bmo.com/preapproval to start your mortgage pre-approval today.

4

Making "The List"

Making a checklist of everything you're looking for in your ideal home will help you get what you want when you are looking for your new place. Keep in mind factors like your budget, lifestyle, distance from work and, of course, what kind of home you're looking for – a condo, townhome, semi-detached or detached home. A Home Comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you manage your search.

5

Choosing a real estate agent

There are many advantages to using a professional real estate agent, and family, friends or neighbours are a good resource for referrals. Real estate agents have the inside track on new listings, can help you narrow down your search, will prepare the Offer to Purchase and other key documentation and will negotiate the price on your behalf.

6

Find the right professionals

Nobody ever reads the fine print. Except maybe a lawyer or notary. So you'll need a qualified one who can make sure all your documents are in order and are explained to you. The earlier you find one, the better. Equally important is the home inspector. Once he or she gives you the thumbs-up, you can be confident that the home you picked is just the way you expect it to be, inside and out.

7

Making the offer

So you've found the perfect home at the perfect price. Now you want to make an offer. Your real estate agent will draft an Offer to Purchase and your lawyer needs to review it to make sure the offer price, closing date and what's included, such as appliances and fixtures, etc. are what you expect. You can also include your own conditions like home inspection and financing guarantees. Once the offer is accepted, you are one step closer to being a new home owner.

8

Arranging for a mortgage

Once the seller says "yes" to your offer, get in touch with your mortgage representative and they will help you finalize your mortgage options such as fixed vs. variable rates, open vs. closed term, amortization and payment schedules.

9

You've got a mortgage. Now protect it.

With mortgage insurance like BMO Mortgage Protection, you can protect your family and assets in case the unexpected happens, such as a disability or involuntary job loss, critical illness or death. In other words, it gives you peace of mind that you're protected when life throws you a curveball.

10

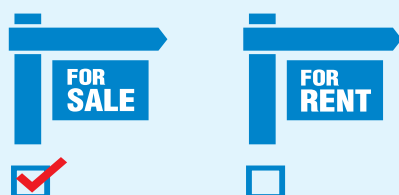
Completing the transaction and getting the keys to your new home

Once your mortgage lender and your lawyer go through the details with a fine-tooth comb, you'll sign the mortgage documents, make the rest of the down payment and cover the closing costs. On closing day, all you'll have to do is collect your keys and step into that home you've been dreaming about.

THE RIGHT PAGE.

6 POINTS TO CONSIDER WHEN BUYING A HOME

1 SHOULD I BUY OR RENT?



Buying your first home can be very exciting, but home ownership may not be right for everyone. Take a look at your lifestyle, financial situation and money management skills before jumping in. Download a budget worksheet to help you get started at bmo.com/homebuyersguide

2 HOW MUCH WOULD I NEED FOR A DOWN PAYMENT?

While a down payment of 20% of the purchase price is always recommended, you can actually put down as little as 5%. But remember, the more you put down, the less you'll need to borrow, and if your down payment is less than 20%, you will require mortgage default insurance.



3 HOW DO I SAVE FOR A DOWN PAYMENT?

Here are some simple ideas to help you save for your down payment:



- Set up a Continuous Savings Plan and set aside \$100 every week. That adds up to \$5,200 at the end of the year.
- Take advantage of the CRA's Home Buyers' Plan. First-time home buyers can withdraw up to \$25,000 tax-free from their RRSPs¹.
- Put your change in a jar at the end of each day and then deposit it into a savings account every 6 months. BMO offers Coin Counters in select branches that are free² with deposits of \$250 or less.

¹The withdrawal is paid back in equal installments over 15 years, beginning the second year after the withdrawal. For full details of the Home Buyers Plan including repayment terms, visit Canada Revenue Agency's website at cra-arc.gc.ca. ²A fee of 8% is applied to the entire transaction for amounts greater than \$250 deposited into the Coin Counter.

4 WHERE DO I BEGIN?

Making a checklist of everything you're looking for in your ideal home is a great way to ensure that you get what you want. A home comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you with your home search.

LIFESTYLE



TYPE OF HOME



DISTANCE FROM WORK



5 DO I NEED HOME INSURANCE?

Home insurance is a great backup plan to make sure life's curveballs don't leave you financially vulnerable.



6 SHOULD I GET PRE-APPROVED?



Definitely. A mortgage pre-approval tells you how much you can afford and gives you the confidence to act quickly and make an offer when you find your dream home.



Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those moms to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out \$62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit



MELISSA DUNNE
melissa.dunne@metronews.ca

"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at \$49.32 US Monday — down from its June high of \$82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open

off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was \$1.4 billion US.

Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pilling pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

Alan Middleton, a market-

a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together,"

ing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking \$16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went

says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Ateliers worldwide. Lolë will expand west and will stretch into men's wear soon.

wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were \$25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge \$82 and up for women's pants made of its Luon nylon- and-lyra blend fabric because

A different kind of branding

- Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank. Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.

- Ambassadors get free clothes, plus free promotion in-store and online. The model has been such a hit that other brands, such as rival Lolë, now have similar programs.

- Lululemon also offers free yoga classes. Held twice a week at their stores, anyone can join.

devotees believe in the quality.

But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a ":(" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

There's no housing bubble to burst: Conference Board

New report.

Contrary to many reports, the think-tank says our real estate market is not too hot

The Conference Board isn't buying the notion that Canada's housing market will suddenly crumble, saying the most likely outlook is for a modest decline nationally and in some specific markets.

The Ottawa-based think-tank argues in a comprehensive new look at real estate in Canada that the conditions for a crash simply don't exist, despite numerous reports that the market is overbuilt and overvalued.

Rather, the report argues that with the possible ex-

Ontario market

The Conference Board provides an outlook on six major cities, including:

- **Toronto.** Balanced with healthy price growth. A major correction is difficult to see given solid employment and population growth.
- **Ottawa.** Market cooling due to falling employment from the government sector, flatter sales and tempered prices.

ception of Toronto, housing starts the past three years have been roughly in line with the 20-year average.

Even in Toronto, there is only a "borderline" case that

it could be overbuilt.

"At this point in the housing cycle, there is a risk that Canadian housing prices in some market segments are due for a modest correction," the report states.

There is a case for more dramatic price adjustment further out if higher mortgage rates start crimping affordability, the Conference Board says, but even then it is likely to be a soft rather than a hard landing.

In recent years, some economists and international organizations such as the OECD, the IMF, Deutsche Bank and The Economist magazine have described Canada's housing market in stark terms, characterizing it as among the priciest in the world based on historical averages and other metrics.

THE CANADIAN PRESS



Vying to be king atop the new porcelain throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity, and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 72,000 tons of human waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. TSERING TOPGIAL/THE ASSOCIATED PRESS

Market Minute



DOLLAR
89.33¢
(+0.12¢)

Natural gas: \$4.29 US (-\$0.02)
Dow Jones: 16,276.69 (-26.08)



TSX
14,278.55 (-57.21)



OIL
\$99.60 (+\$0.14)



GOLD
\$1,311.20 (-\$24.80)

Mobile-game maker

How sweet will Candy Crush co.'s NYSE debut be?

King Digital, the company behind Candy Crush Saga, is set to make its debut on the New York Stock Exchange this week. THE ASSOCIATED PRESS

Havana nightlife blooms

It's Saturday night at El Cocinero, a chic rooftop bar that has arguably become Havana's hippest watering hole in the year since it opened, and there's no getting in without a reservation.

There are plenty of foreigners, but also not a few sharp-dressed Cubans lounging in the butterfly chairs, sipping \$3 US mojitos and talking art, culture and politics. It's an image that stands in stark contrast to common perceptions overseas of Communist Cuba as a poor country where nobody has the disposable income to blow on a night out.

Havana is seeing a boom in



stylish, privately run bars and clubs like El Cocinero, evidence of a small but growing class of relatively affluent artists, musicians and entrepreneurs on an

island where many people earn about \$20 a month and depend on subsidized food, housing and transport to get by.

THE ASSOCIATED PRESS

Accounting for the Rana Plaza collapse

Bangladesh began compiling details Monday about the victims of the 2013 Rana Plaza factory collapse as part of a compensation deal, but dozens of people took to the streets demanding a more complete accounting of the disaster.

The collapse killed more than 1,100 people and highlighted the grim conditions in Bangladesh's garment industry, a major supplier to global fashion brands.

Mojtaba Kazazi, executive commissioner of Rana Plaza Claims Administration, said injured workers and families of the dead should have compensation payments in six months.

Retailers like Bonmarche, El Corte Ingles, Loblaw and Primark have pledged \$40 million US for the fund.

"Today we have started working, we will continue it for months," Kazazi said. "But the whole process will be

complete in six months."

An independent panel formed under the direction of Bangladesh's High Court has recommended that the disabled and the families of the dead should receive more than \$19,000.

The panel also recommended nearly \$9,000 for workers who lost limbs and about \$1,900 for workers who suffered psychological trauma.

THE ASSOCIATED PRESS



Meet Lauren.

She's a recent university graduate who now attends Algonquin College.

Find out why.

algonquincollege.com/lauren

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NO LONGER WANT TO NUKE

North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle.



SHE SAYS
Jessica Napier
metronews.ca

without it.

I miss my old countertop microwave approximately twice a

month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

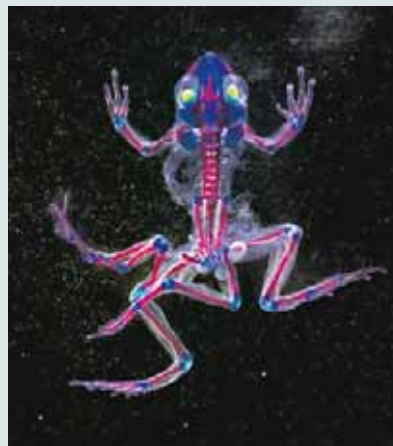
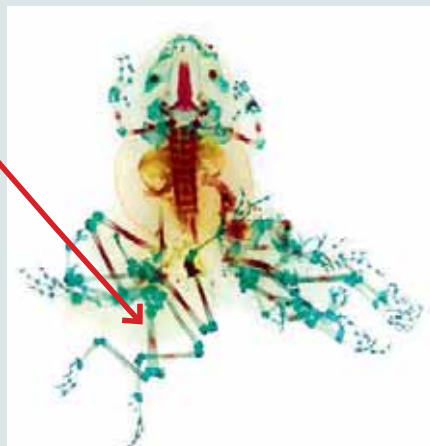
Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. **METRO**



COURTESY BRANDON BALLENGÉE

Q & A

Art invokes empathy



BRANDON BALLENGÉE
Artist/biologist,
39, based in New
York and Montreal

What kind of deformities do these frogs have?

The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.

What reaction do you hope to get from your images?

In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psycholog-

ically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?

The specimen preparation does allow for a level of abstraction, while at the same

time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pumelled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised \$3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

#manupandmakeup:
A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:
Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.

For every mile you run, the organization donates to a charity of your choice. While \$0.25 per mile may not seem like much, for the average marathoner it works out to more than \$500 per year. On Android and iOS.

One Today:
The Google app introduces you to a new charity every day. If you're down with their modus operandi, click donate and give just \$1 to the organization. On Android and iOS.

Twitter

@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital

brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

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WE WANT TO HEAR FROM YOU:
Send us your comments: ottawalatters@metronews.ca

DVD review



The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture *The Wolf of Wall Street* is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette. **PETER HOWELL**

Scarlett's wily Widow a 'reluctant superhero'

Third time plucky. Avenger role takes on new depth in latest *Captain America*

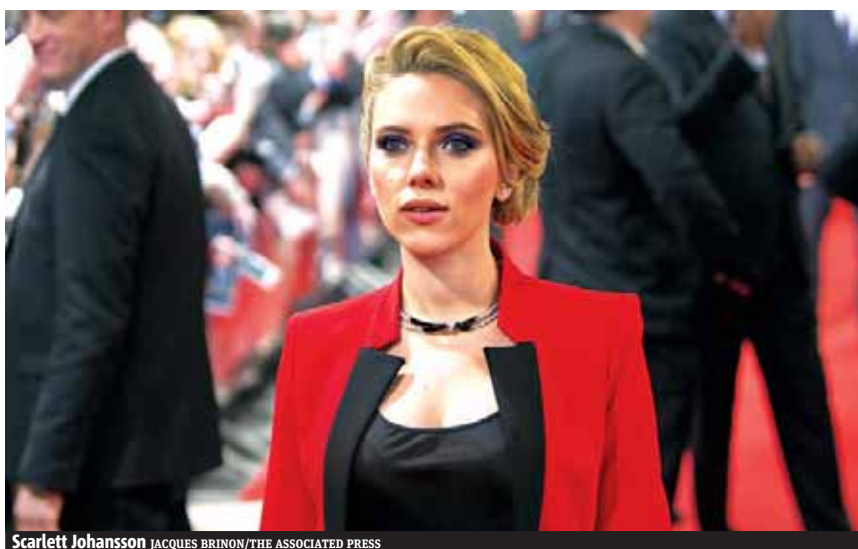


NED
EHRBAR
Metro World News in Hollywood

Captain America: The Winter Soldier is obviously a *Captain America* (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: The Black Widow. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in *Avengers*, and we saw a little bit of her backstory — we'll see more of that in *Avengers 2*. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's *Captain America*. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson says,



Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Black Widow not as clear cut a good guy as Captain America



"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."

Scarlett Johansson

though she does admit those grey areas make the job that much more interesting.

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart.

She thinks on her feet. She's a leader. And she has a lot of foresight. Those are qualities that I think are wonderful to celebrate for young women. And of course, it's really rad for me to have my friends' kids kind of look up to that character, and dress up as her for Halloween, and play with the boys and be rough. I al-

ways say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."

Feel-good Fallon fires up viewer figures



Jimmy Fallon hosts a recent episode of *The Tonight Show*. GETTY IMAGES FILE

One month in, NBC's generational trade of Jay Leno for Jimmy Fallon at the *Tonight* show is succeeding beyond the hopes of executives who engineered it.

Fallon's fast start is clear in television ratings and even more stark in social media metrics. While too early to declare a new king of late-night TV, the transition is a marked change from how badly NBC fumbled the short-lived switch from Leno to Conan O'Brien in 2009.

NBC had hoped for an increase in young viewers and steeled itself to lose some of

Leno's older fans, but Fallon's reception was a surprise.

When Fallon premiered on *Tonight* during the Olympics, the franchise hit numbers unseen since Johnny Carson's last week in 1992. Things have settled down but Fallon is still comfortably on top.

Fallon's lead over his rivals is more pronounced among viewers aged 18 to 49, the target demographic for NBC's advertising.

Fallon and NBC embrace the way that many early-to-bed consumers experience late-night television these days: By

watching clips of a show's best moments online. The YouTube clip of Fallon and Will Smith acting out the evolution of hip-hop dancing has been seen more than 12.8 million times. Fallon's lip-sync duel with Paul Rudd on songs by Tina Turner, Foreigner and Queen has nearly 9 million views.

Each segment is funny, good-natured and utterly impossible to imagine Fallon's old-school predecessor doing.

"What I notice in people's reactions is not just that they like the show and think that it's funny, but they like the

feel-good spirit," Harbert said. "There's a total absence of snarkiness, of cynicism. It's just there to make you feel good before you go to sleep."

The anti-show-biz style pioneered by Letterman isn't dead, said Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University. But "it may have run its course to some extent," he said, and Fallon's sincerity dilutes the pure snark of Letterman and O'Brien.

"Fallon has been able to change the equation," he said.

THE ASSOCIATED PRESS



Kanye, Kim and North in April's issue of Vogue. SCREENGRAB

On reflection, we're all sure you're a vampire ... fangs for scaring us, Kanye!

Is Kanye West a vampire? The Twitterverse certainly thinks so. BuzzFeed editor Katherine Miller was one of the first to notice that a photo from Vogue's spread on West, Kim Kardashian and baby North seemed to show that the rapper has no reflection. In the photo, Kardashian and her baby are standing in front of a mirror taking a selfie with her iPhone. West stands in front of them, taking another photo of the pair with his iPad. The problem is, the entire family seems to vanish in the mirror.

It's plausible that Kardashian is blocking her own reflection, but then what happened to West, and what's more, the photographer? Moreover, as many eagle-eyed commenters on Jezebel pointed out, the photo on West's iPad doesn't even match the angle from where he's standing, and it's unlikely the photo of the screen would be that sharp. It's clear that there has been some heavy photo-editing on the photo, which led a few users on Twitter to make their own amendments.



Lady Gaga GETTY IMAGES

Demi's eating disorder claim was out of order, says Gaga

Lady Gaga has heard Demi Lovato's criticism of her choice to let performance artist Millie Brown vomit on her during a concert earlier this month, but she doesn't agree with Lovato's assertion that the stunt glamorized eating disorders. "I have struggled with an eating disorder for over 10 years and I take that very seriously. I take the struggle of others very seriously," Gaga tells E! News. "I

am very supportive of Demi's struggle and her recovery as well as the recovery of anyone who is suffering from that. But this performance had absolutely nothing to do with any eating disorder, and we never intended for it to be taken that way. I am really proud of the performance and really stand by the message of rage and pain that we were trying to express in that moment."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kunis and Kutcher's big year just got bigger with baby news

MELINDA TAUB
Metro World News

Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born

to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.



Jennifer Aniston GETTY IMAGES

Aniston's fiancé always there Justin time to bum some skincare products

Jennifer Aniston is learning the hard way that sharing your life with someone sometimes means sharing your beauty products, too. The former Friends star admits to E! Online that fiancé Justin Theroux has a tendency to sample her skincare products. "It's hysterical.

What product doesn't he try to hijack?" she says. "He's good to his skin, that's for sure. It's always, 'What are you using, what is that?' It's cute." But according to Aniston, Theroux doesn't actually need much help. "He's got gorgeous skin. Perfect skin," she says.

No boyfriend, no real friends and lonely on tour ... life ain't a Ball for Miley

Miley Cyrus' outlandish, fun and frolicking lifestyle might all be for show, as behind the scenes the Wrecking Ball singer is feeling lonelier than ever, according to Radar Online. "She's living alone in this big empty house, no boyfriend to speak of, and when it comes to friends she doesn't have any real meaningful connections. She's surrounded by party people or friends of convenience," a source says. "Being alone has always been a fear of Miley's, and she tried to pretend after the split with Liam Hemsworth that she enjoyed her newfound freedom, but the fact of the



Miley Cyrus GETTY IMAGES

matter is that she's painfully lonely. Being on tour helps a bit right now ... but the tour ends in June. Then what?"

Twitter



@carrieunderwood

Yeah...um...this is so weird. I, like, NEVER send anything back to the kitchen, but this coffee tastes like iPhone.



@mindykaling

I am taking it so personally ethnically that my whole foods no longer makes Indian food for the hot bar



@SarahKSilverman

I'm goddess in general but then I remember that panda bears exist and I'm like hold the f— up

An 'F-You' you'll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA
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Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, "Forgive me forgive you". For someone who teaches emotional healing for a living, it's a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. "At the Project, we ask, 'What would it look like if you were to forgive yourself or another today?' I have not met a person yet who regrets forgiving."

Having launched F-You after she was raped, Muldoon says there's no "one size fits all" method to forgiveness, but there are common steps to follow. "The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself," she says. "When I'm ready, I ask myself, 'what was their intention? What were they going through?' That makes them a person instead of a label like my best friend or my dad. The other person has a story, too."

In her experiences, Muldoon finds people have a difficult time forgiving because



Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOUNINE

it is perceived as accepting the other person's actions. "Forgiveness isn't to say that person was right but that you're stronger," she explains. "I really want to challenge the belief that to forgive is to accept the action."

A growing body of research is finding health benefits to forgiveness. A study by the

Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants

said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you're the perpetrator wanting to apologize? "Don't say sorry unless you're truly in a place to do it," Muldoon says. "I don't think there's a lot more that's damaging than apologizing to someone only for it to go backwards."

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** "This is making sure you do what you need to remove guilt that affects your decisions and actions."
- **Forgiving another person.** "Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live."
- **Spiritual-based forgiveness.** "Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don't accept that. If your apology is genuine, it is enough."
- **Being forgiven by another person.** "Make sure what you think of yourself doesn't depend on that person. If they need their time, that's fine, but you have to work with that and move on."

We want to value and honour our relationships, so don't do that same thing you apologized for a second time."

With Muldoon's second collection of stories on forgiveness in the works (the first was released last summer), and hopes for a cross-Canada tour, she's working hard to spread F-You's message.

"Knowing I help to heal people gives purpose to the rape and pain I felt," says Muldoon. "You're the one drinking the poison when you're angry. When you realize that hurt people hurt people, everything changes."

3
LIFE



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This week:

Special Considerations for Pregnant Women



The towering power of superfoods



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Layering superfoods gives the most bang for your buck. Feel free to mix and match ingredients. Just be sure to choose items that are slightly sticky to make your mould hold.

Leftover mashed potatoes, sweet potatoes, squash and hummus work well interspersed between less sticky layers.

This dish pleases vegans and vegetarians and is gluten-free but it can also be a great appetizer or side dish with grilled

Ingredients

Layer 1

- Hummus

Layer 2

- 1/2 cup (125 ml) Bloo blueberry Juice
- 1 large sweet onion sliced (1/4 inch or .6 cm thick)

Layer 3

- 2 cups (500 ml) plain goat cheese at room temperature

Layer 4

- 8 Cups (2000 ml) baby kale / spinach mix
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1/2 tsp (2.5 ml) salt

Layer 5

- 2 medium sweet potatoes peeled
- 2 tbsp (30 ml) unsalted butter

Layer 6

- 1 jar roasted red pepper strips

Layer 7

- Leftover mashed potatoes

Layer 8

- Micro greens or edible flowers

Blueberry Drizzle Reduction

- 1 cup (250 ml) Bloo blueberry juice
- 1 cup (250 ml) red wine
- 1 tbsp (15 ml) balsamic vinegar
- 1 Tbsp (15 mL) unsalted butter



This recipe serves six. BLOOJUICE.COM

meat, chicken or fish.

Save an empty tin can and remove both lids, keep one lid for pressing. This is a great method to make any dish or dessert restaurant pretty!

I like to collect a variety of sized cans and save multiples to make the process go faster.

1. Layer 2: Simmer red onion slices in 1/2 cup Bloo blueberry juice until onion is softened but holds shape and absorbs juice.

2. Layer 4: Using the same sauté pan as used for Layer 2, place kale and spinach in pan pour 1/2 cup of Bloo blueberry

juice over top and 1/2 teaspoon salt. Sauté until rendered down about 3 minutes. Remove from pan set aside and reserve any liquid. You'll use the same pan to make blueberry drizzle with any remaining liquid, so set it aside.

3. Layer 5: Pierce and microwave a sweet potato until soft then mash with butter.

4. Layer 7: Use leftover mashed potatoes or double up on the sweet potato layer.

5. Blueberry Drizzle Reduction: Simmer with a whisk until

combined and slightly thickened. Set aside.

6. Layer assembly: Use an empty can as mold for tower with bottom and top removed (reserve one lid to make unmolding easier. Oil inside of can, place on plate. Add 3-4 tablespoons of hummus, smooth out with spoon. Add onion layer, flatten with spoon, add 3-4 tablespoons of goat cheese and smooth. Place kale/spinach mix next making sure surface is covered. Smooth out with spoon. Add 3-4 tablespoons of mashed sweet potato mixture, smooth out with spoon. Add roasted

Health Solutions

When being blue feels right

I have fallen in love with blueberry juice.

Generally, it isn't advisable to drink any juice by the cupful (or in half gallon cups!) but this stuff is so potentially full of anti-oxidants and flavour that I had to find out more.

Bobby Kidston, a blueberry farmer and co-owner of Country Magic Farm who makes the brand Bloo in Nova Scotia, explains why this stuff tastes like blueberry pie without the sugar and the caloric crust. "Bloo is not from concentrate, it's made through our proprietary process to maintain as many anthocyanins as possible and it's 100 per cent pure blueberry juice, nothing else," he says.

The anthocyanins — which are the pigment in blue, purple and red fruits — are what makes blueberries the most potent (and the most studied!) fruit.

They are a highly effective compound antioxidant that has been shown

to protect everything from eyesight to diabetes.

But you don't want more than a shot glass full of the juice; it is still sugar, albeit natural. Your best bet is to use blueberry juice in cooking. Here are other ideas:

- A shot in smoothies
- As a reduction in sauces and dressings
- To poach pears or apples for dessert
- In cocktails in place of simple syrup or vermouth
- As the liquid in pancake mix

Generally, eating the whole fruit is best and a handful of blueberries is an excellent snack, treat, dessert, but the heart wants what it wants.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



peppers next, in circular layer cover surface, pat down with spoon. Using 3-4 tablespoons of mashed sweet or leftover white potato for top layer smooth with spoon to cover area and create a very smooth top. Gently place the lid ring on top and firmly press before you slide the can upward over the veggie

tower and repeat for other towers. Decorate top with micro greens and drizzle with blueberry drizzle reduction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY BLOOJUICE.COM**

Tabbouleh salad takes ancient grains route

1. Heat saucepan over medium-high heat and drizzle bottom

with some of the virgin coconut oil. Add quinoa; toast, stir-

ring frequently, 2 minutes or until dry. Add water and bring

to boil. Reduce heat to lowest setting, cover and cook for 15 minutes. Remove from heat and let quinoa sit, covered, 5 minutes. Fluff with fork, transfer to a large bowl and let cool.

2. Meanwhile, heat another saucepan over medium-high heat. Add remaining coconut oil and chopped onion. Cook, stirring frequently, until onion is translucent, 4 minutes. Add cumin, coriander, red pepper flakes, tomato paste and red

pepper paste. Cook, stirring, for another 3 to 4 minutes. Let cool.

3. Add paste mix to quinoa and toss gently until incorporated. Add tomatoes, green onions, mint, parsley, lemon juice, coconut nectar and grapeseed oil. Toss gently. Season with salt and pepper.

THE CANADIAN PRESS/ THRIVE ENERGY COOKBOOK: 150 FUNCTIONAL, PLANT-BASED WHOLE FOOD RECIPES BY BRENDAN BRAZIER (PENGUIN CANADA, 2014).



This recipe serves two to three.
THE CANADIAN PRESS

Ingredients

- 50 ml (1/4 cup) virgin coconut oil
- 250 ml (1 cup) quinoa (any colour), rinsed and drained
- 500 ml (2 cups) water
- 1 large sweet onion, finely chopped
- 30 ml (2 tbsp) ground cumin
- 15 ml (1 tbsp) ground coriander

- 15 ml (1 tbsp) red pepper flakes
- 15 ml (1 tbsp) tomato paste
- 15 ml (1 tbsp) Mediterranean red pepper paste
- 2 medium tomatoes, seeded and diced
- 6 green onions, finely chopped

- 5 or 6 fresh mint leaves, torn
- 375 ml (1 1/2 cups) fresh Italian parsley, chopped
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) coconut nectar
- 15 ml (1 tbsp) grapeseed oil
- Sea salt and freshly ground black pepper, to taste

NFL

Football boss to tackle HR issues

Commissioner Roger Goodell says the NFL will meet on April 8 with the players union to discuss improving the workplace environment.

In the wake of the Miami Dolphins bullying scandal, league representatives have met with some 40 players in the last three months, as well as with the Dolphins and outside organizations, Goodell said Monday at the NFL owners meetings. The league is trying to get "as much input as possible. It's more about people understanding the importance of a proper workplace."

THE ASSOCIATED PRESS

MLB

Baseball fans face security screening

Tigers fans will pass through metal detectors while entering Comerica Park this season, part of a new set of security measures the team is putting in place.

Major League Baseball has told its 30 teams they must implement security screening for fans by 2015, either with hand-held metal detection or walk-through magnetometers. The Tigers announced Monday that fans should arrive early this season to allow enough time to walk through the metal detectors.

THE ASSOCIATED PRESS

Tennis

Milos Raonic earns another milestone

Canada's Milos Raonic defeated Spain's Guillermo Garcia-Lopez 6-1, 6-2 on Monday to reach the fourth round of the Sony Open for the first time in his career.

The No. 12 seed needed just 56 minutes to complete the victory. He fired 10 aces and had service breaks on four of eight chances.

THE CANADIAN PRESS



Canadian Milos Raonic

THE ASSOCIATED PRESS



Devin Oliver of the Dayton Flyers reacts after defeating the Syracuse Orange 55-53 in the third round of the NCAA Men's Basketball Tournament on Saturday in Buffalo. Dayton has earned a spot in their first Sweet 16 in 30 years. ELSA/GETTY IMAGES

Bracket-busting Flyers crash Sweet 16 party

March Madness. Former top contender Dayton making first trip to the round of 16 in 30 years

For the last 14 years, the NCAA tournament has started with play-in games and the First Four at the University of Dayton Arena. The home team? Didn't even get in the bracket most times.

This year, it's flying high. With two close wins under daunting circumstances, the Flyers have turned Dayton into more than just a starting point for the NCAA tournament. It's become a focal point.

President Obama is tweeting about it. The national media is talking about it. Students are staying up until the early morning hours celebrating the Flyers' first trip to the Sweet 16 in 30 years.

"This opportunity is a once-in-a-lifetime chance," guard Jordan Sibert said Monday before practice.

Given how things had gone

4 days, 12 games

The Billion Dollar Dream has been over for a while. Most bracket sheets are loaded with red X's. Still, there is plenty of March Madness ahead of us in the NCAA tournament's round of 16.

- **The favourites.** Three No. 1s — Florida, Arizona, Virginia — are alive and well after two rounds.

- **The underdogs.** How about three with double-digit seedings — Stanford, a 10, with 11s Dayton and Tennessee.

- **The rivalry.** It's tough to beat Kentucky-Louisville.

- **The rematches.** Besides Kentucky-Louisville there is Arizona-San Diego State.

lately for the Flyers, it felt like a lifetime since they'd been relevant in March.

Dayton was a mainstay in the tournament in the 1960s, finishing as the runner-up in 1967 with a loss to UCLA. The winning waned after 1990. Dayton went 10 years before its next tournament appearance and is making only its fifth NCAA trip in the last 14 years.

Those Flyers fans who pack UD Arena for the First Four can keep cheering this time — which is exactly what they've been doing since the 11th-

seeded Flyers (25-10) beat Ohio State 60-59 in Buffalo, followed by a 55-53 win over Syracuse. They'll play 10th-seeded Stanford (23-12) in Memphis on Thursday.

"We have to sort of come back down out of the clouds a little bit," coach Archie Miller said. "There's just so much hype, media and the talk around you."

As soon as the Flyers finished off Syracuse, the pundits started talking about Miller possibly moving on after his third season rebuilding the

Ignoring the noise

"We have to sort of come back down out of the clouds a little bit."

Dayton coach Archie Miller, who announced his contract extension with the team on Monday.

program. He had privately agreed to a contract extension midway through the season, but wanted to hold off saying anything about it until the Flyers were finished.

On Monday, he and athletics director Tim Wabler announced the extension through the 2018-19 season, hoping it will dampen some of the where-will-he-go-next speculation.

Wabler thinks the Sweet 16 appearance will jump-start the program.

"It's credibility nationally," Wabler said. "It's putting us on the map as far as with recruits and saying Dayton not only is a great place to come to school and play, but now it's an even greater place."

THE ASSOCIATED PRESS

MLB. Phillies hurler continues to impress in win over Blue Jays

David Buchanan kept up his bid for a major-league roster spot, striking out two over two perfect innings Monday in the Philadelphia Phillies' 6-3, rain-shortened win over the Toronto Blue Jays.

The game was called with one out in the top of the eighth.

Buchanan remains in the mix for a bullpen berth.

Jays starter Brandon Morrow gave up four runs, five hits and three walks in five innings. **THE ASSOCIATED PRESS**



Phillies pitcher David Buchanan
KATHY WILLENS/THE ASSOCIATED PRESS

MLB

Reyes to have MRI on hamstring

Blue Jays shortstop Jose Reyes, who left Saturday's game due to left hamstring tightness, will have a precautionary MRI exam.

Manager John Gibbons said he has no concerns about Reyes being ready for opening day.

THE ASSOCIATED PRESS

Women's hockey

Canada crushes Finland 7-0

Eve-Audrey Picard had a three-point game and Shea Tiley made 22 saves as Canada shut out Finland 7-0 on Monday at the under-18 women's world hockey championship.

Picard had a goal and two assists to help Canada improve to 2-0 at the tournament. **THE CANADIAN PRESS**

Lawsuit. Ex-Canucks owner will have to testify in Steve Moore's case

The former owner of the Vancouver Canucks will have to testify live via video conferencing about the infamous on-ice attack from behind that ended the pro career of rookie hockey player Steve Moore a decade ago, an Ontario court decided on Monday.

In his 23-page decision,

Master Ronald Dash ruled John McCaw Jr. has relevant evidence to offer when Moore's lawsuit gets to trial, slated to start in September.

Moore is suing Todd Bertuzzi, who delivered the horrific from-behind blow, and the NHL's Canucks for \$38 million. **THE CANADIAN PRESS**

Ceci, Hoffman, Stone give Sens fans hope



THE HOCKEY NEWS

Murray Pam
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As much as the Ottawa Senators' post-Olympic collapse is disconcerting to their fans, it's not all doom and gloom. If you look hard enough, you can always find bright spots, reasons to have some optimism for the next season.

For the Sens, one of those points of light comes in the form of Cody Ceci. The Orleans native was recalled from AHL Binghamton Dec. 12, on an emergency basis, when Marc Methot was felled by the flu. The Senators' top draft selection in 2012 was just supposed to be up for a cup of coffee while Methot recovered. However, Ceci impressed beyond his 20 years and has been a mainstay on the club's blue line. In fact since the call-up, Ceci has played 39 consecutive games — not bad for a first-year pro who was slated to spend the entire season in Binghamton under the tutelage of coach Luke Richardson.

Although the ex-67's star isn't putting up numbers at the NHL level, with only seven points to date, he has the potential to do so. Ceci notched 64 points in his final CHL campaign and compiled 17 in just 24 AHL games this season. The

six-foot-three, 209-pounder will also gain valuable experience suiting up for the B-Sens in the playoffs.

Another young player of intrigue is Mike Hoffman. Having been recalled four times, the Kitchener, Ont., native finally tallied his first NHL points, a goal and an assist in Winnipeg March 8. Since then, the 2009-10 Canadian Hockey League Player of the Year finalist has been stellar.

Hoffman's laser beam of a shot is a weapon being employed by coach Paul MacLean. The AHL's current third-leading scorer with 30 goals and 67 points, Hoffman rides shotgun on the club's No. 1 power-play unit alongside Erik Karlsson.

Hoffman can no longer return to Binghamton without passing through waivers. It appears that the AHL's All-Star Skills fastest skater may be in the NHL for good.

Finally, Mark Stone gets another kick at the can this week after Bobby Ryan was hurt on the weekend. Earlier this season, Stone impressed in a seven-game trial. However, a wrist injury cut his time short. If not for a multitude of ailments, the Winnipeg native may have been an NHL regular by now.

For Sens fans, this glimpse of the team's future provides a few crumbs of joy at the end of a bitter season.

Rookie handling the grind just fine

"Since the call-up, Ceci has played 39 consecutive games — not bad for a first-year pro who was slated to spend the entire season in Binghamton."



Cody Ceci's first NHL goal, which was scored in his third game, came in overtime to give the Sens a 3-2 win over the Blues on Dec. 16. GETTY IMAGES FILE

Tiger in jeopardy of missing the Masters



Tiger Woods speaks during a news conference on Monday in Washington.
SUSAN WALSH/THE ASSOCIATED PRESS

Tiger Woods is not sure whether his ailing back will allow him to play in the Masters, which is two weeks away.

"For Augusta, it's actually still a little too soon, to be honest with you," Woods said Monday at a news conference to announce that Quicken Loans is the new title sponsor of his golf tournament. "That's kind of the frustrating thing about this."

The Masters is the only major tournament the 38-year-old Woods has never missed. Four of his 14 major championships

came at Augusta National, including his first in 1997. He last won the green jacket in 2005.

This year's Masters is April 10-13.

Woods is off to the worst start of his 18 years on tour, and he's been troubled lately by back problems.

He stopped playing in the final round at the Honda Classic on March 2 because of what he called back spasms and pain in his lower back. He tried to defend his title the following week at Doral, only for his

back to flare up again in the final round, when he shot a 78, the highest Sunday score of his PGA Tour career and his first closing round without a birdie.

Then last week, Woods withdrew from the Arnold Palmer Invitational because of persistent back pain.

"I've had a couple weeks off and getting treatment and just working on trying to get ready for Augusta," Woods said Monday. "As of right now, it's still too soon, which is, as I said, pretty frustrating."

THE ASSOCIATED PRESS

Pain in the back

This has been the longest sustained problem Woods has had with his lower back.

- He first showed signs of back pain at Bethpage Black at The Barclays in 2012, which he attributed to a soft bed at his hotel.

- Woods then felt twinges during the final round of the PGA Championship last year, and when his back bothered him in the final round of The Barclays two weeks later, he said it was unrelated.

Horoscopes

♈ Aries

March 21 - April 20

As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

♉ Taurus

April 21 - May 21

The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

♊ Gemini

May 22 - June 21

Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

♋ Cancer

June 22 - July 23

You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

♌ Leo

July 24 - Aug. 23

You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

♍ Virgo

Aug. 24 - Sept. 23

Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

♎ Libra

Sept. 24 - Oct. 23

Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

♏ Scorpio

Oct. 24 - Nov. 22

You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

♐ Sagittarius

Nov. 23 - Dec. 21

The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

♑ Capricorn

Dec. 22 - Jan. 20

Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

♒ Aquarius

Jan. 21 - Feb. 19

With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

♓ Pisces

Feb. 20 - March 20

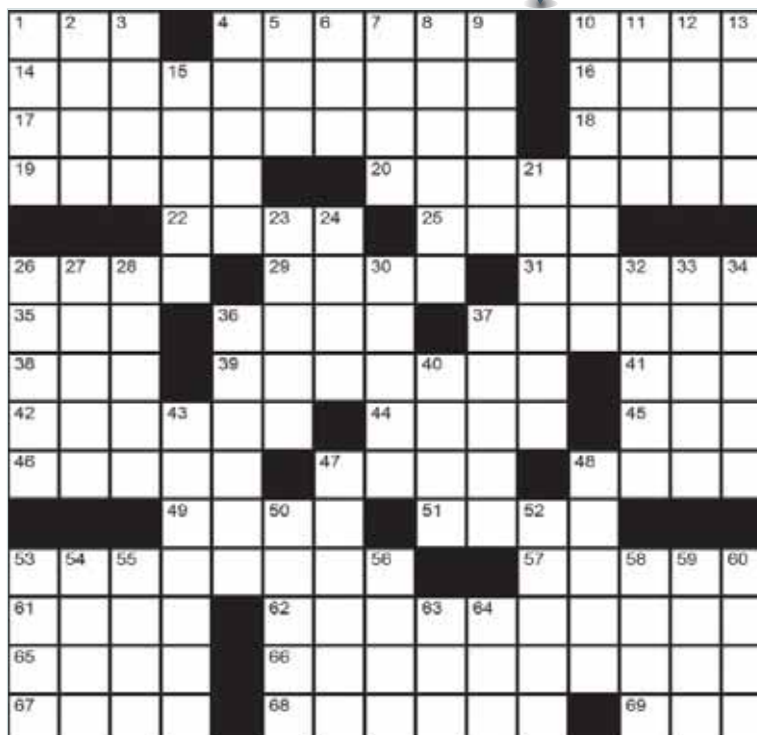
Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Ms. Stubbs of "Sherlock", on Showcase
- Mr. Bumble's gig in Oliver Twist
- Wit
- Canada's ___ (1967's significance)
- Place
- 75th Anniversary! Coffee Crisp's slogan: 'makes a nice ___'
- Concept
- ___ Bay, BC
- '90s comedy series
- Blinkers
- ICU part
- Smart
- Clever remark
- Skeleton segments
- Casino cube
- Catapult
- Warm ocean current: 2 wds.
- Boat's blade
- Princess Beatrice's sister
- Islet
- Hull and Orr
- "Happy ___" (2006)
- Helios' 'H'
- Magazine piece
- Needle case
- War god
- Benchmark
- Stable offspring
- Ontario: ___ Falls, 'The Garden Town of the North'
- "...it ain't ___ / I wanna see..." - *NSYNC, "Bye Bye Bye"
- "Shark Tank" ty-



coon Daymond John's clothing line
62. Canadian author Michael Ondaatje's bestseller set in Sri Lanka: 2 wds.
65. Tropical destination
66. New ___ Party of Canada

67. Broadway tune: "All ___ Jazz"
68. Anvil-user's workshop
69. 'Fool' suffix

Down

- Sch. in The States
- Mr. Peart of #54-Down

3. Brad's beloved, briefly
4. Ms. Kennedy (Panelist on Canadian quiz show classic "Front Page Challenge")
5. NnNnn
6. Lesley ___ Warren
7. "Buenos ___!"

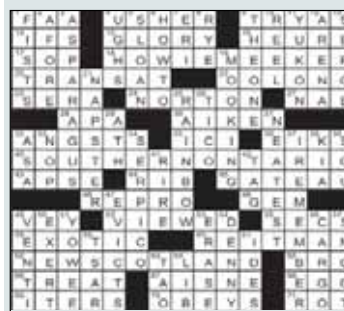
8. Tie one's shoes: 2 wds.
9. The MacGuffin author, Stanley ___
10. Mr. Murray of The Tenors
11. ___-de-camp
12. Stagger
13. Couplet
15. Afternoon hour

BY KELLY ANN BUCHANAN

- Canned corn bit
- Horse play
- OR pro
- Sun-dried brick
- Byes, in Milan
- Recipe extras
- "___ a sandwich for you on the counter." (Kitchen chitchat)
- Less unkind
- Related maternally
- Some beans, variantly
- Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
- Farm song letters
- Nine: French
- Medieval meal
- "Lose Yourself" rapper
- Waikiki greeting
- Paved places
- Mad
- "Don't know ___ matters, but..."
- Toronto band
- "___-Di..." (Beatles song title bit)
- Ms. Sara, Canadian broadcaster
- French author, Pierre ___
- Ancient Egyptian goddess
- Carve in a name
- Fate
- Bldg. with chalkboards

See today's answers at metronews.ca/answers.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Wrangler
Unlimited Sahara**

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43,533 km • Auto
Stk: # 35543

\$119 weekly

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**2008
BMW
X3 3.0 SI**

AWD • 3.0L 6 cyl
\$17,850
112,682 km • Auto
Stk: # 14261-A

\$106 weekly



2009 Nissan Rogue

\$12,950 • 69,092 km • Stk: # 32612-A

\$63 weekly



2010 Honda Civic

\$10,980 • 73,694 km • Stk: # 35596

\$53 weekly



2009 Ford Ranger SPORT

\$12,830 • 38,218 km • Stk: # 35493

\$62 weekly



2011 Ford Ranger SPORT

\$17,880 • 39,390 km • Stk: # 35508

\$74 weekly



2012 Hyundai Sonata

\$15,950 • 55,189 km • Stk: # 35188

\$66 weekly



2011 Chevrolet Equinox LS

\$15,630 • 83,565 km • Stk: # 35544

\$64 weekly



2010 Mini Cooper

\$14,970 • 31,207 km • Stk: # 35080

\$89 weekly



2013 Nissan Pathfinder S

\$29,960 • 6,453 km • Stk: # 35381 USA

\$124 weekly



2012 Nissan Versa

\$10,980 • 83,172 km • Stk: # 35400

\$46 weekly



2010 Mitsubishi Outlander

\$13,680 • 76,088 km • Stk: # 35525

\$66 weekly



2011 Mercedes-Benz B200

\$16,780 • 63,952 km • Stk: # 35624

\$69 weekly



2011 Hyundai Accent

\$9,980 • 42,913 km • Stk: # 12187-A

\$41 weekly



2008 Mazda 3

\$7,950 • 79,603 km • Stk: # 33485

\$47 weekly



2011 Ford F-150 XL

\$15,970 • 25,130 km • Stk: # 35598

\$66 weekly



2012 Mazda 2 SPORT

\$10,680 • 18,895 km • Stk: # 35514

\$44 weekly



2010 Hyundai Elantra

\$9,670 • 50,848 km • Stk: # 35051

\$47 weekly



2011 Ford Fiesta SE

\$9,870 • 91,687 km • Stk: # 35182

\$41 weekly



2011 Mitsubishi Lancer DE

\$10,760 • 58,672 km • Stk: # 35319-A

\$44 weekly



2012 Dodge Gr Caravan

\$16,980 • 56,321 km • Stk: # 35318

\$70 weekly



2010 Hyundai Santa Fe GL

\$14,980 • 112,675 km • Stk: # 34217

\$73 weekly

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